



6th Kyu – Yellow Belt Course

Techniques

Grabs:	1. Single Wrist Grab	Left hand
	2. Single Wrist Grab	Right hand
	3. Double Wrist Grab	Both Hands
	4. Delayed Sword	Right hand lapel grab
Strikes:	5. Overhead Weapon	Stepping in
	6. Overhead Weapon	Stepping back
Bear Hugs	7. Rear Bear hug	Arms pinned high
	8. Rear Bear hug	Arms pinned low
Kicks:	9. Straight right kick	Using block
	10. Straight right kick	Using kick

Stances

Training Stance
 Neutral Stance (R & L)
 Cat Stance
 Forward Bow (R & L)
 Reverse Bow (R & L)
 One Legged Stance

Kicks

Snap
 Blade
 Roundhouse
 Thrust
 Heel

Strikes

Fingers
 Fist
 Heel of palm
 Handsword
 Elbow
 Hammerfist

Hand Set (R & L)

Fingers, Fist, Heel of
 Palm, Hand-sword,
 Elbow

Foot Set (R & L)

Snap, Blade, Front
 Roundhouse, Thrust,
 Heel

Blocking Set (Star Block) (R & L)

Overhead, Inward,
 Extended Outward,
 Downward, Rear
 Elbow, Heel of palm
 push down.

Forms

Short Form One
 (Blocking Form)